AHUNAVAITI GATHA
YASNA 28

Translated by
Fariborz Rahnamoon

HA 28.1

This I seek with reverence
With uplifted hands
The perfect-ness of the mind, Wisdom (Mazda)
The first good rule to Asha is
All should aspire to make
Good use of the wisdom in the mind
To create harmony between the universe
And the inner-self *.

Zarathushtra – Gatha – Yasna 28.1 (FR)

**(Human spirit) (Urvanem)*

HA 28.2

Certainly, I shall acquire
The Wisdom in Creation
Through Good use of the Mind
I shall master the dual forces
Physical and Mental
Through Knowledge
Whereby desiring, and achieving enlightenment.

Zarathushtra – Gatha – Yasna 28.2 (FR)

HA 28.3

Truly, the Asha (Truth) derived
By the good mind
Never before known
Among the wise and all creation
With it, make good rules and never waning
Increasing righteousness
Leading us towards Perfection

Zarathushtra – Gatha -Yasna Ha 28.3 (FR)

HA 28.4

Truly, the spiritual result is high *(when)*
Goodness leads to harmony in thoughts
Which result in good deeds
In harmony with the Wisdom in Creation

As long as I have strength
So long will I teach to strive for Truth

Zarathushtra – Gatha -Yasna Ha 28.4 (FR)

HA 28.5

Asha when you gain
With mind's good use
Having realized wisdom
The path to creativity
The ultimate message of Wisdom
Through words excellent
We shall turn (convert)
Those who do not know
(With tongue) By speaking

Zarathushtra – Gatha -Yasna Ha 28.5 (FR)

HA 28.6

Good dawned on the mind giving Asha,
The required long-standing natural law
Truly information of Wisdom to Zarathushtra
Mental power, the joy which leads us to Creation
Also that adversary and hatred, we may over come
Zarathushtra – Gatha -Yasna Ha 28.6 (FR)

HA 28.7

Given the knowledge that result in goodness (deeds)
Gained through the mind
Truly gives righteousness
Vistasp desired for his people and
Decreed that truly Wisdom shall rule and
That those words should be carried out by all grades

HA 28.8

Best to Supreme
Through knowledge supreme harmony
Creative research (was the) desire of
Worthy Frashaostra for his people and
Other people and even show the way to All,
Of the limitless good creations of the mind

The progress through knowledge, the seeking of supreme Ahuraic harmony, was the desire of worthy Frashaostra for his people and other people and even to show the way to all of the limitless good use of the Mind.

HA 28.9

These, you, not Ahura Mazda
Asha also brings fury

Mind also is the best
That which strives' to give good guidance
For you to be worthy
Mighty, satisfied, also worthy of praise

Zarathushtra - Gatha - Yasna HA 28.9 (FR)

HA 28.10

And those who are righteous are so because of
Good deeds and use of the wisdom of the mind
In righteous way in tune with Wisdom in Existence
Their aim achieved as desired
And those assuredly are pleased (whose) result
Are known to be righteous, faithful, praise worthy

Zarathushtra - Gatha - Yasna HA 28.10 (FR)

Ha 28.11

Truly with these facts
We shall keep our thoughts good forever
In tune with the Wisdom in Creation

I instruct that
You all declare your mind's findings
Through the word of mouth
Whereby creation first comes into being

Zarathushtra - Gatha - Yasna 28.11 (FR)

28.11 (Persian)

CHANIN BA IN RASTIHA
NEGHA MIDARAM ANDESHA RA PAK BARAYEH HAMISHEH
HAMAHANG BA KHERAD DAR HASTI

AMOZESH MIDAHIM TA ASHKAR SAZAND ANDESHEH RA
BA GOFTAR

KE AZ ONJAH AFARENESH NOKHOST PADEED MEAYAD